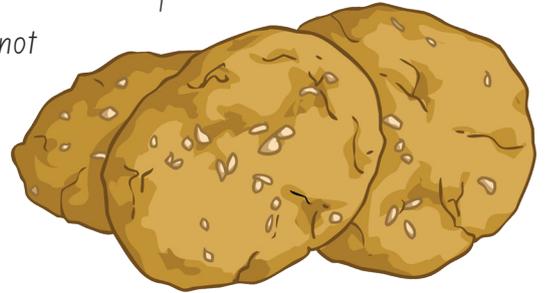


# Anzac Biscuits

The Anzac biscuit is a particularly popular biscuit in New Zealand and Australia. How did this delicious treat come to be? Many people believe that the name 'Anzac biscuit' came about because these biscuits were sent to soldiers at Gallipoli during the First World War.

In recent years, research has found that, contrary to popular belief, there were no Anzac biscuits at Gallipoli. While there was a standard army biscuit at the time, it was a far different biscuit to the one we know today.

The biscuit that most of us know as the Anzac biscuit is a sweet biscuit made from rolled oats and golden syrup. The original biscuit that was a part of soldiers' and sailors' rations for many years was not sweet; it was a hard biscuit that was used as a substitute for bread. It was said that these biscuits were so hard that troops had to soak them in water to make them edible.



The Anzac biscuit that we are so familiar with today actually originated as an idea to raise funds for the war effort. The biscuits were mostly sold at galas, parades and other public events. The fact that the biscuits were connected with the troops serving overseas meant that people started referring to them as soldiers' biscuits.

After Gallipoli, the New Zealand and Australian troops became known as ANZACS (members of the Australian and New Zealand Army Corps). The term 'Anzac' became nationally recognised and, after the First World War, the rolled oat biscuit adopted the name Anzac and the legend of Anzac biscuits as we know them today began.



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The first recorded recipe for Anzac biscuits appears in a cookbook published in 1921. The basic ingredients in the biscuit were rolled oats, flour, sugar, butter and golden syrup. Eggs were scarce during the war and made baked goods more likely to spoil, which is why melted butter and golden syrup were used as binding agents. The biscuits were popular because they were considered to be full of energy, nutritious and long-lasting because they didn't contain any ingredients that would spoil easily. They were sometimes sent by wives and women's groups to soldiers overseas for this reason. It is thought that the addition of coconut to the Anzac biscuit recipe did not come about until 1927.

To this very day, Anzac biscuits remain extremely popular and are readily available in cafes, supermarkets and school galas across the country. Recipes have been both adapted and adopted over the years and the perfect biscuit texture has been rigorously debated. Regardless of a person's favourite recipe, it is fitting to remember the spirit and sacrifice of the soldiers who inspired the name Anzac biscuits. Lest we forget.

